

SBCC March—April 2017 Class Descriptions

Adult Small Group Training w/ Sara (ages 18+) – Session rate available. This small group training class will help you achieve your fitness goals.

Workouts will be individualized to meet each individuals' needs and fitness level. Sara will provide support, encouragement, and accountability to help you reach new heights in health and wellness. Training sessions are 50 minutes in length. Bring a towel and water.

Barre Class (ages 13+) – Session rate available. FLEX CARD: Res (\$72), Non (\$86). FREE 1st class. This class taught by a Licensed Massage Practitioner and certified instructor draws from the best of Barre, Pilates, yoga, and dance for a workout that will blow your leg warmers off! Focus is on building strength, flexibility, endurance, posture, stamina, and balance with longer leaner muscles that are more injury resistant.

Boot Camp with Karie (ages 13+) – Session rate available. FLEX CARD: Res (\$60), Non (\$72). DROP-IN: Res (\$13), Non (\$15.50). FREE 1st class. This popular high-energy workout will get you in shape, tone your muscles and burn calories with fat burning boot camp style exercises combined with cardio kickboxing moves, weights and Pilates based core work. Beg. - adv. levels welcome. Bring a towel and water bottle.

Cycle/Stretch (ages 16+) – Session rate available. FLEX CARD: Res (\$42), Non (\$51). FREE 1st class. Join us for this new fusion class of beginner level indoor cycling and flexibility exercises. Class is designed for those brand new to indoor cycling including: older adults, participants new to exercise, and overweight or de-conditioned participants. Please arrive 10 minutes early on first day for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them.

Homeschool Phys. Ed./Parkour (ages 5-9 or 9-13) – Session rate available. FREE 1st class. The fun begins with exciting warmups, games, Parkour skill training, and obstacle courses. Students are challenged to meet personal goals, gain new strengths and create strong friendships. Our coaches view movement as a life-long activity and we monitor each child's body mechanics to ensure proper movement.

Indoor Cycling (ages 13+) – Session rate available. FLEX CARD: Res (\$40), Non (\$48). DROP-IN: Res (\$9), Non (\$10.50). FREE 1st class. Come ride our LeMond Bikes and get a serious aerobic workout & burn approximately 600+ calories per class! All fitness levels welcome because you control your pace. Please arrive 10 minutes early on first day for a bike fit. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them.

Jazzercise & Jazzercise Lite – Call Phyllis at (425) 814-2134 or visit jazzercise.com for more information.

Parkour (ages 6-10) – Session rate available. FREE 1st class. Parkour Level 1 combines the art of play and the science of movement. MoveFree Academy will train your child to control their body through fun, physical and mental challenges the way it was meant to be used. Play games, learn new skills, progress strength and dominate obstacle courses while optimizing your ninja potential!

Parkour (ages 10-16) – Session rate available. FREE 1st class. Parkour Level 2 builds on the physical foundation provided in Level 1 for older students. Students further develop motor control, strength, power and agility focusing on games, obstacles, and all out fun!

Pilates (ages 13+) – Session rate available; FLEX CARD: Res (\$75), Non (\$90); DROP-IN: Res (\$16.50), Non (\$20). This instructional class focuses on breathing technique, correct form/postural alignment, strengthening core muscles, increasing body awareness and improving balance and flexibility using bands, balls, and small weights. All fitness levels welcome.

Post-Rehab Strength & Conditioning (ages 18+) – Session rate available. FREE 1st class. This class is designed for adults recovering from injuries or living with chronic or recurring injuries who desire to return to physical activity. Licensed Athletic Trainer will adapt exercises based upon your injuries to help you develop or regain core strength, balance, and stability so that you can 'play' again.

Purna Yoga (ages 13+) – Session rate available. FLEX CARD: Res (\$72), Non (\$86). DROP-IN: Res (\$15.50), Non (\$18.50). Focusing on correct alignment with props to make poses accessible, students gain flexibility, strength and coordination. Purna Yoga helps you feel more centered and peaceful. With 2,000 hours of training, your instructor has a wealth of knowledge to share. All experience levels welcome. Students should bring a yoga mat to class.

Shotokan Karate (ages 6-11 or 11-Adult) – Monthly rate: 2-Day option, Res (\$72), Non (\$86). Learn traditional Karate with a non-violent philosophy emphasizing Respect, Excellence, Strength and Character with fun and experienced Black Belt instructors. Karate uniform provided. Bring a water bottle.

Small Group Advanced Training w/ Kelvin (ages 13+) – Monthly rate: 1-Day option, Res (\$108), Non (\$130). Transform your body in this fast-paced, focused 40-minute small group training class designed for intermediate to advanced fitness levels. Kelvin individualizes your workout whether your goal is to lose weight, tone muscle, improve strength or all of the above! Enjoy the benefits of working closely with a certified personal trainer while being energized by up to 3 others.

Racquet Sports Fitness (ages 16+) - Monthly rate: Res (\$80), Non (\$96). FLEX CARD: Res (\$63), Non (\$75). Improve your racquet sport skills with this personalized class focused on strengthening core muscles, hips, back, ankles, wrists, and balance work. Develop power and explosive movement!

Stroller Strides (ages 18+) - Payment options include a monthly unlimited pass, flexible punch card, or pay by the class option. FREE 1st class. Stroller Strides is a fitness program that moms can do WITH their babies. Our energetic session weaves songs and activities into the routine to engage/entertain/educate children while providing mom with a great workout. All fitness levels welcome. For more information and to register, visit bellevue.fit4mom.com

Strong & Fit Seniors/Adults (ages 18+) – Monthly rate: Res (\$55), Non (\$66). FLEX CARD: Res (\$41), Non (\$50). DROP-IN: Res (\$9), Non (\$10.50). FREE 1st class. This monthly group fitness class taught by a certified personal trainer, provides education on improving overall functional fitness. Participants will improve core strength, balance, coordination, posture, flexibility and aerobic conditioning while in a fun, social, and supportive atmosphere.

Taekwondo (ages 6—adult) – Monthly rate: Res (\$56), Non (\$67). An ancient Korean Martial Art, Taekwondo is a system of practical techniques for self-defense. Instruction is designed to emphasize kicks and punches that strengthen and condition the whole body and promote confidence, patience and respect. For 6pm class, students must be 10 yrs. old or have instructor permission.

Total Body Fitness (ages 16+) – Session rate available. FLEX CARD: Res (\$60), Non (\$72). DROP-IN: Res (\$13), Non (\$15.50). FREE 1st class. Need a fun, affordable and effective way to burn stubborn body fat and improve your level of fitness? Workouts utilize dumbbells, bands, bodyweight exercises, agility movements, and more to strengthen your body and core. Sweat and have fun!

Yang Style Tai Chi (Beginner and Continuing classes) (ages 16+) – Session rate available. DROP-IN: Res (\$12), Non (\$14). Beginner and Intermediate classes available. Learn this simplified 16 movements Tai Chi form to improve balance, coordination and flexibility as well as revitalize energy, calm the mind and relax the body.

Yoga for Adults (ages 50+) – Session rate available. FLEX CARD: Res (\$72), Non (\$86). DROP-IN: Res (\$15.50), Non (\$18.50). Each class offers poses for stretching, active strengthening and deep relaxing. We focus on alignment for joint safety and use props to make poses accessible for many levels of experience. Benefits include: improved strength, flexibility and balance; reduced tension; better joint health; better mental clarity and an overall feeling of well-being. Students should bring a yoga mat to class.

ZUMBA (ages 13+) – Session rate available. FLEX CARD: Res (\$40); Non (\$48). DROP-IN: Res (\$9), Non (\$10.50). FREE 1st class. ZUMBA is one of the fastest-growing dance-based workouts fusing Latin rhythms with easy to follow moves. 'Ditch the workout! Join the Party!' Bring a towel and water.

** Session/Monthly Rate = Best value when registering for a class. Prices may vary for sessions due to varying sessions lengths.*

** Flex Cards = Gain flexibility with this 5 class pass, valid for a trimester. 15% more than session price. Available for select classes.*

** Drop-in Rates = Pay for one class at a time. 10% more than Flex Card rates. Available for select classes only.*

** To register during a session call (425) 452-4240.*

** Refer to Connections brochure at www.bellevuewa.gov for session rates.*